

North Texas Football League

NTFL Game Rules: 3rd Grade Rookie Tackle

June 19, 2025



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GENERAL GAME RULES

1. General game guidelines
 - a. All games shall be played according to the current rules of Texas UIL football unless otherwise stated in these rules.
 - b. Immediately prior to the start of a game, all referees, both head coaches, and field officials will meet at midfield for introductions and coordination of game rules.
 - c. NTFL will provide all fields with an air pump & gauge – all balls must be inflated to the pressure listed on the ball.
 - d. 3rd Rookie Tackle are eight (8) players on the field for each team (8v8)
2. Game Duration
 - a. Four 10-minute quarters with running clock. Clock will stop only for time-outs, injuries or referee discretion.
 - b. The clock will be kept to a regulation clock during the last two (2) minutes of a half.
 - c. Play clock follows 25/40 Texas UIL rules. Twenty-five (25) at the start of drives, extra points, and after administrative stoppage (fouls, injuries or timeouts). Forty (40) seconds between plays.
 - d. Two (2) time-outs per half.
 - e. Ten (10) minutes between halves.
 - f. Games or half cannot end on a defensive penalty.
 - g. No overtime for regular season games. If the score is tied at the end of regulation, the game will end in a tie.
 - h. Running clock when a team has a 30 point lead. Regulation clock will not apply in last two (2) minutes of a half.
3. Official Game Football
 - a. All game balls must be a good grade of Authentic Leather or Composite Wilson Football, Nike Vapor, Nike All-field, or Nike Tournament, as approved by the NTFL Board, brown in color.
 - b. All game balls must be inflated to the pressure listed on the ball.
 - c. Football Size
 - i. Wilson K-2
 - ii. Nike Pee-Wee
4. Players
 - a. A game must be played between two teams consisting of a minimum of eight (8) players present and available to participate for each team. If less than eight (8) players are present and available at the start of the game, then the game will result in a forfeit loss for the team will too few of players. This does not include in game injuries that result in

too fewer than the minimum requirement. Only players appearing on the official NTFL team rosters are allowed to play.

5. Scoring

- a. Touchdowns are 6 points.
- b. Interceptions and fumbles can be returned for a defensive touchdown during regular play.
- c. Extra points from the 3-yard line are 1 point and from the 5-yard line are 2 points.
 - i. Interceptions or fumbles returned to the defensive goal result in 2 points for the defensive team
- d. Safety is 2 points

6. Playing Fields

- a. Games shall be played on a normal football field from the 10-yard line to the opposing 10-yard line. One game will be played at a time.
- b. This field measures sixty (60) yards in length from the 20-yard line to the 20-yard line with an end zone of ten yards at each end of the field. The field width will be thirty-five and one-third ($35\frac{1}{3}$) yards as measured from the top of the numbers across to the top of the opposing numbers.
- c. Sidelines should be marked with cones every five (5) yards. Additional cones can be placed to mark the sideline as desired.
- d. Chains are to be on the opposing side of the game video equipment & the team on that sideline is responsible to provide volunteers (no children) to operate the chains
- e. Goal posts are unnecessary as points after conversions are made only by passing or running and there are no field goals.
- f. Each field is required to provide a 5 gallon jug of water or a water cow for both the Home and Visiting teams. These water sources must be easily accessible by each team.

7. Kicking Game

- a. There will be no kick-off.
- b. There are no extra points or field goals by kick.
- c. A punt is a Walk-off Punt. It is a twenty (20) yard walk off punt and ten (10) seconds is run off the clock. The ball will move an entire twenty (20) yards at any location on the field. If you punt from inside the twenty (20) it will be a touch back and ten (10) seconds will be run off the clock.
- d. Walk-off Punt does not count as a play for 5 play minimum purposes.

8. Beginning of Game/Half Ball Placement

- a. The referee will call the team captains together for a toss of a coin to decide a choice of starting on offense or defense or deferring choice to second half.
- b. Each half will start with the ball placed on the twenty (20) yard line (40-yard line as demarcated on a standard field).
- c. In the event of a safety the team awarded the 2-points will start on offense with the ball placed on the thirty (30) yard line (50-yard line as demarcated on a standard field).

9. Moving the Ball

- a. A ten-yard chain and down maker will be used

- b. The offensive team will have four downs to achieve a first-down
- c. The home team is responsible for providing the chain crew. The visiting team has first right of refusal if the chain crew is on their sideline, and they would like to provide their own crew members.
- d. Down markers and chain must be on opposite side of the field as the game film view so that yard markers and chain can be visible on the sideline the game film is recording.
- e. The hash marks are not utilized for ball placement. The ball will be placed at the middle of the line of scrimmage for every play. The middle is the distance between each sideline.

10. Penalties

- a. Offensive Penalties will follow Texas UIL rules.
- b. Defensive Penalties will follow Texas UIL rules.
- c. Blocking below the waist is not allowed.
- d. Players required to be 4-yards or 10-yards deep from line of scrimmage that are not 4-yards or 10 yards deep from line of scrimmage when the ball is snapped are considered offsides. This includes players "loading-up" to penetrate on snap that move closer before the ball is snapped or are caught with a hard count.

11. Game Uniform

- a. All team members must wear the same color jersey.
- b. All jerseys must be numbered. Numbers must range from 0 to 99.
- c. Each jersey must have the player's last name on the back that matches Zorts registration. Any exception for jersey name must be approved by the NTFL Board
- d. Players must wear football pants with hip, thigh, and knees pads. Knee pad must cover knee.
- e. Jerseys will be tucked in at all times.
- f. Molded rubber cleats (no metal spikes).
- g. Mouth piece required

12. Prohibited Equipment

- a. No colored, shaded or iridescent visors. Facemask visor must be clear
- b. Any equipment, in the opinion of the referee that will endanger or confuse players
- c. Hard metal or any other hard substance on a players clothing or person
- d. Film equipment: There is NO filming from any individual on the field of play (i.e. Coach cannot have a go-pro or any camera recording device while on the field of play) including the chain crew. Filming from a person's specific sideline is allowed (a badged individual, such as a photographer, can film from their associated sideline). If it is found that someone is filming outside of these rules, they will be removed from the field and must remain in the stands for the remainder of the game.

13. Officials

- a. There can be three (3) or four (4) referees per game.

14. Player Substitutions

- a. The free substitution rule is always in effect and a player may enter the game anytime the ball is dead.

15. Field Coaches

- a. Only one coach for each team will be permitted on the field to direct the Offense and/or Defense.

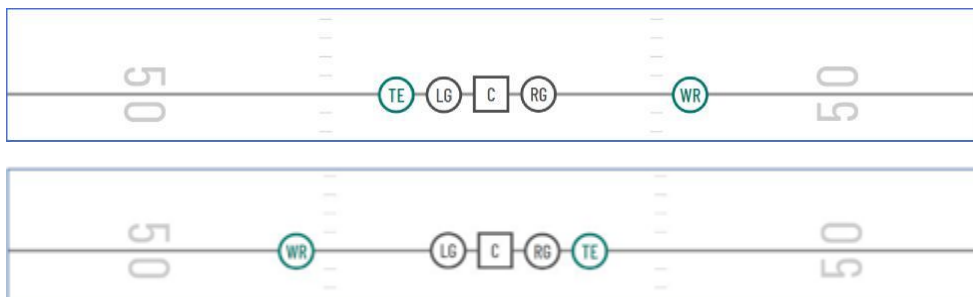
- b. On-field coaches to be ten (10) yards from the deepest player prior to the snap. Once the offense is lined up in their position, the on-field coaches are not to direct, motion, or talk to players until the play is whistled dead by the officials. No talking or cheering. Silence from the on-field coach.
 - i. If the offense changes formation (motions are not allowed), the defensive coach may talk and adjust players.
- c. Penalty for violation is as follows:
 - i. Offensive in-play coaching will result in a 5 yard penalty and loss of down.
 - ii. Defensive in-play coaching will result in a 5 yard penalty and automatic first down awarded to the offense team.
 - iii. If it is a repeated violation, that coach could be removed from the ability to be the on the field coach for the remainder of the game.

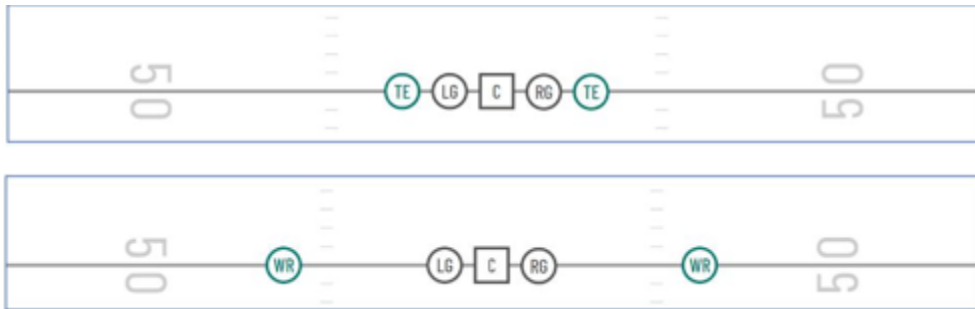
16. Offensive Adjustments

- a. The offense must have five (5) players on the line of scrimmage. NO MORE or NO LESS.
 - i. Each play must include three (3) offensive linemen- a center and two guards, one on each side of the center.
 - 1. These players are ineligible regardless of formation.
 - 2. The distance between a guard and center may not exceed three (3) feet (one-yard) but may be closer.
 - ii. The other two (2) player required to be on the line of scrimmage are either a wide-receiver and/or a tight-end and one must be on each side of the formation.
 - 1. Wide receiver must line up outside of the on field hashmarks. For clarification, this is outside of the painted hashmarks. This is not on or touching, but clearly outside of the hashmark.
 - 2. Tight end is maximum 1 yard from the guard
- b. QB / Center Exchange may be under center or shotgun.
- c. A run or hand-off into the "A" Gap is allowed if the ball carrier starts at least 4 yards deep from the line of scrimmage. This includes QB.
 - i. No under center QB sneaks into the "A" Gap are allowed.
- d. No motion players. Offense must be set and defense must have time to set defensive alignment.
- e. Weight restricted players must play center, guard or tight end. If weight restricted players is tight end, they are not eligible for a pass.

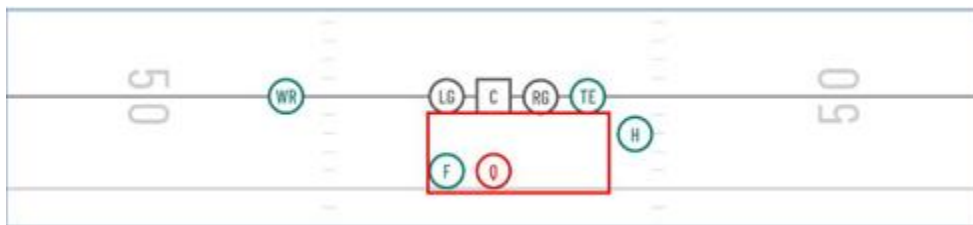
17. Offensive Line Formation Illustrations

- a. There are 4 offensive line formations





- b. F or H players may not be on the line of scrimmage. If they line up behind the offensive line formation (which includes TE), they must be 4 yards off the line of scrimmage (Red box). If they line up outside of the offensive line formation, they may line up anywhere behind the line of scrimmage. This includes a wing type positions as shown with player H. QB may line up under center or shotgun.

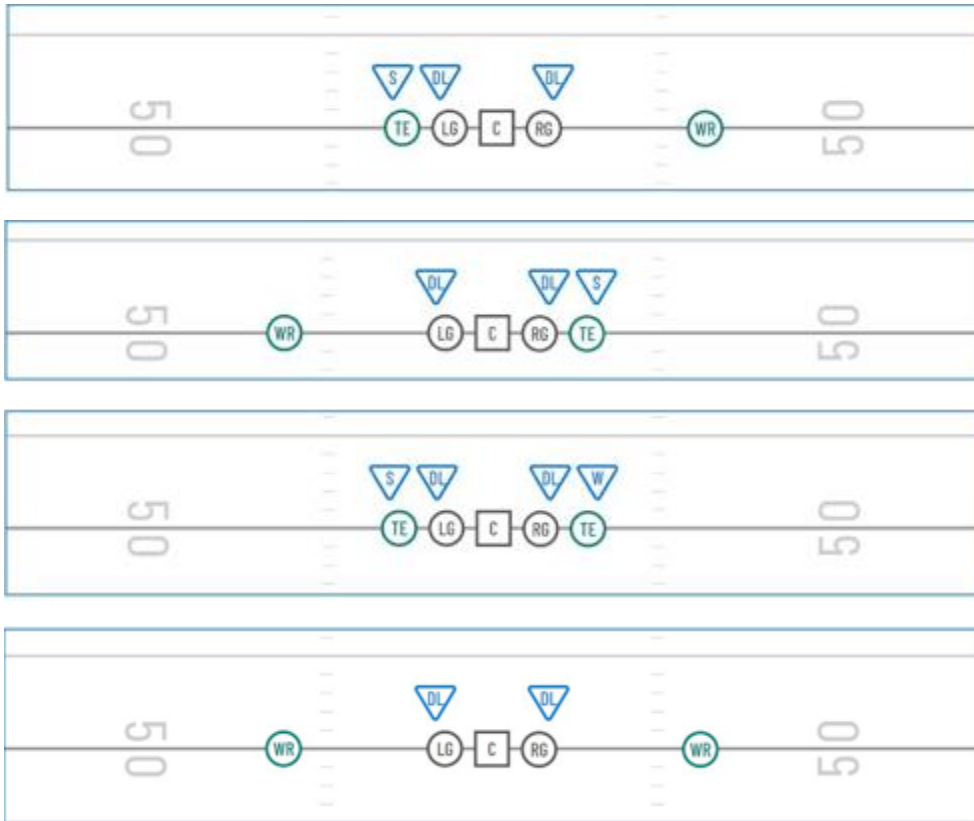


18. Defensive Adjustments

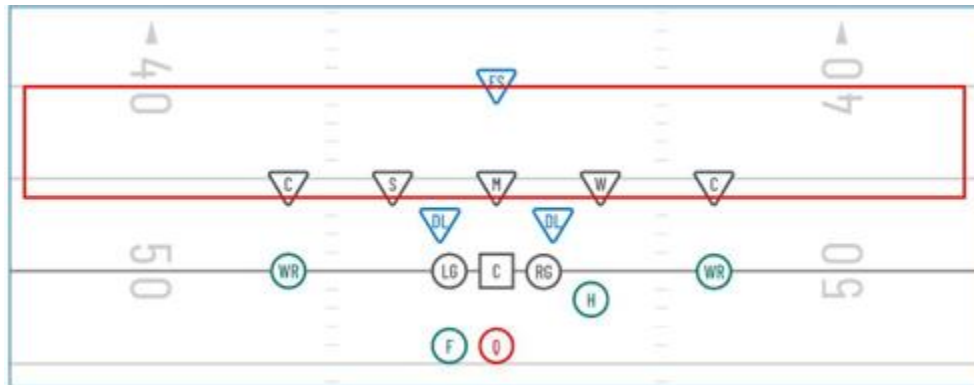
- a. No player is allowed to line up in the "A" Gap or over center.
 - i. A defensive line player on the line of scrimmage may not penetrate through the A Gap upon the snap. The defensive player must come across the line of scrimmage either through the guard (i.e. bullrush) or to the outside of the guard (B Gap) before coming through the A Gap.
 - ii. Players lined up 4 yards deep may penetrate the A Gap.
- b. Defensive formation must include two (2) defensive linemen. Each lineman must be aligned on the guards and/or tight ends in a heads up or outside shade position. Outside shade is defined as where the shoulders of each player are directly across from each other. For example, if the body was divided in thirds with the right shoulder, middle head, and left shoulder as each third, then the defensive players inside shoulder (third) would directly across and covering the offensive players outside shoulder (third).
- c. Defenses may only have two (2) defensive linemen unless an offensive formation includes a tight end. In that case a third defensive player may line up over the tight end. Two (2) tight ends allow the defense to use four (4) players on the line of scrimmage, but they must be positioned over the corresponding player.
- d. With the exception of the (2) players covering the guards, the defense is not required to have additional players on the line of scrimmage.
- e. There must be AT LEAST one player ten (10) yards deep from the line of scrimmage, unless line of scrimmage is on or within the 5 yard line to the goal.
- f. All remaining players must be a minimum of four (4) yards from the line of scrimmage.
- g. Weight restricted players must play on the line of scrimmage as one of the two (2) defensive linemen.
- h. defensive linemen.

19. Defensive Line Formation Illustrations

a. There are 4 defensive line formations



b. All other players must be 4 yards off the line of scrimmage with 1 of those players must be 10 yards off the line of scrimmage (Red box). Any player may be the 10 yard deep player.



c. The defense is not allowed to bring a player to the line of scrimmage for players that are not on the line of scrimmage. Example: the H player is a wing player and the TE is on the line of scrimmage, therefore, the defense can only match the TE.



20. Overtime (Playoffs Only)

- a. Overtime period will take place with each team receiving a possession
- b. Coin Flip determines choice of 1st or 2nd possession.
- c. Possession begins ten (10) yards from the goal line with the down being 1st and ten (10).
- d. If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion during the first overtime. In all subsequent overtime periods, a team must go for 2 points.
- e. Game will end on a defensive score due to a safety, fumble or interception with scoring team as the winner.
- f. If the game is still tied, overtime will be repeated until there is a winner.
- g. Teams alternate first possession each overtime period